




# SCHEDULE OF CLASSES

Setting A Higher Standard  
**ELITE M.A. CENTER**  
 6230-C Rolling Road, Springfield, VA 22152 703.644.4889

## EMA Springfield Effective 8/18/2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Class Focus:	Basics & Forms	Basics & Forms	Self-defense / Sparring	Self-defense / Sparring	Mixed Curriculum	Mixed Curriculum
<b>TKD Children</b> No Belt to Yellow w/ Stripes (5-12 yrs old)	6:10pm - 7:00pm	5:25pm - 6:10pm	6:10pm - 7:00pm	5:25pm - 6:10pm		10:10am - 11:00am
<b>TKD Family</b> No Belt to Yellow w/ Stripes (6 & Up)	6:10pm - 7:00pm	6:15pm - 7:05pm	6:10pm - 7:00pm	6:15pm - 7:05pm		10:10am - 11:00am
<b>TKD Children</b> Green Belt to Blue w/ Stripes (6-12 yrs old)	6:10pm - 7:00pm	5:25pm - 6:10pm	6:10pm - 7:00pm	5:25pm - 6:10pm	5:30pm - 6:20pm	11:10am - 12:00pm
<b>TKD Family</b> Green Belt to Blue w/ Stripes (6 & Up)	7:10pm - 8:00pm	6:15pm - 7:05pm	7:10pm - 8:00pm	6:15pm - 7:05pm	5:30pm - 6:20pm	11:10am - 12:00pm
<b>TKD Children</b> Brown Belt on Up (6-12 yrs old)	7:10pm - 8:00pm	7:10pm - 8:00pm	7:10pm - 8:00pm	7:10pm - 8:00pm	5:30pm - 6:20pm	11:10am - 12:00pm
<b>TKD Family</b> Brown Belt on Up (6 & Up)	7:10pm - 8:00pm	7:10pm - 8:00pm	7:10pm - 8:00pm	7:10pm - 8:00pm	5:30pm - 6:20pm	11:10am - 12:00pm
<b>Tigers TKD Children</b> (4, 5 & 6 yrs old)	5:25pm - 6:00pm		5:25pm - 6:00pm	6:20pm - 6:55pm		9:30am - 10:05am
<b>Judo</b> (invitation only)			Kids: 7:00pm - 8:00pm Adults & Teens: 8:00pm - 9:15pm			 Ask about our <b>Birthday Parties</b>
<b>Kung Fu</b> (adults only)		8:00pm - 8:50pm		8:00pm - 8:50pm		

Your First Class: Mon / Tues / Wed / Thurs / Fri / Sat \_\_\_\_/\_\_\_\_/\_\_\_\_ at: \_\_\_\_\_

Please call **703-644-4889** if you need to re-schedule your first class.

**Additional locations in Burke, Fairfax & Kingstowne**

**We offer an After-School Program w/ Transportation Provided**



**Now Enrolling:**

### After-school Program

- **Transportation provided**
- **Daily TKD lessons**
- **Daily games & sports**
- **Fun-filled activities**
- **Public & private schools**
- **Free extended days & teacher workdays**



### \$175 One Month Trial\* with Free Uniform

(Up to 3 Classes a Week for TKD. Up to 2 Classes a Week for Tigers TKD)

- Improve Flexibility, Strength, & Coordination
- Learn Self-Defense
- Gain better Self-Discipline & Self-Control
- Strengthen Mind, Body and Overall Health

\* Offer limited to new students only. Tae Kwon Do programs only. Does not apply to camps or other programs.

**For News and Current Event Updates  
visit us at [www.Emacenter.com](http://www.Emacenter.com)**

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